

Watch Your Kidneys!

That "bad back" is probably due to weak kidneys. It shows in a dull, throbbing headache or sharp twinges when stooping. You have headaches, too, dizzy spells, a tired, nervous feeling and irregular kidney action. Don't neglect it—there is danger of dropsy, gravel or Bright's disease! Use **Doan's Kidney Pills**. Thousands have saved themselves more serious ailments by the timely use of Doan's. Ask your neighbor!

A North Carolina Case

Jno. T. Moore, agent Southern Express, 212 Pine St., Mt. Airy, N. C., says: "I was pretty bad off with sharp pains in my kidneys. I bent over I could hardly straighten and my kidneys didn't act as they should. I was often dizzy and felt tired. Finally I began taking Doan's Kidney Pills and they soon brought me relief. Continued use put my back and kidneys in good shape again."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
POSTER-MILBURN CO., BUFFALO, N. Y.

**Don't cough**

THE violent paroxysms of coughing soon eased by Dr. King's New Discovery. Fifty years a standard remedy for colds. Children like it. No harmful drugs. All druggists, 60c.

Dr. King's New Discovery For Colds and Coughs

Make Bowels Normal. Nature's way is the way of Dr. King's Pills—gently and firmly regulating the bowels, eliminating the intestine clogging waste. At all druggists, 25c.

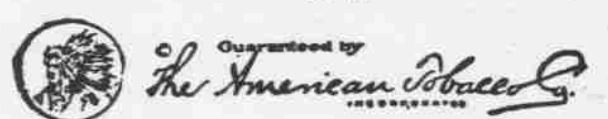
PROMPT! WON'T GRIPE Dr. King's Pills

ELIXIR BABEK A GOOD TONIC
And Drives Malaria Out of the System.
"Your 'Babek' acts like magic; I have given it to numerous people in my parish who were suffering with chills, malaria and fever. I recommend it to those who are suffering and in need of a good tonic."—Rev. S. Szymanski, St. Stephen's church, Perth Amboy, N. J. **ELIXIR BABEK**, all druggists or by Parcel Post, prepaid, from Kloczewski & Co., Washington, D. C.

Her Defense Perfect.
Jane, after having plucked a bouquet of roses, was reprimanded severely by her dad, who said: "Didn't I tell you not to pick any of these flowers without leave?"
"Yes, daddy," replied the youngster "but all these had leaves."



Notice this delicious flavor when you smoke Lucky Strike—it's sealed in by the toasting process



Farm Implement Catalogue FREE

Just what you need in Farm Implements, Machinery, Engines, Pumps, etc., is in our catalogue. Write to-day for our free catalogue. Keep it handy for reference. Ask for our special prices on what you need. The kind of service you want is the kind we've been giving for 35 years. Try us. Ask your dealer for Rawlings goods. **RAWLINGS IMPLEMENT CO.** Manufacturers, Wholesalers and Exporters 11 West Pratt Street Baltimore, Md., U.S.A.

The AMERICAN LEGION

(Copy for This Department Supplied by the American Legion News Service.)

WHISTLE BROUGHT HIM FAME

Restaurant Cook, Harry Keynton Jones, Famous as Author of "Rose of No Man's Land."

From out the bustling kitchen of a popular summer resort restaurant near St. Paul, Minn., there issued during the vacation season a lilting song and whistled ditties that sounded so strangely familiar that American Legion service men of the World War decided to investigate. They found the musician to be one Harry Keynton Jones, a five-foot-tall Cockney, also the restaurant cook.

Jones began his musical career as chef of a Winnipeg grenadier regiment during the war. Later he tended the private skillet of Gen. Sir Julian Byng at Vimy Ridge, and more important than that, he wrote "Rose of No Man's Land," the war song that had a long run of popularity. A penny whistle which he bought and played for the prime purpose of amusing his kitchen police caused his rise to music fame, he declared.

In France he was transferred to the officers' mess. There Lieutenant Colonel McRae, who later wrote "In Flanders Fields," heard the penny whistling, and the two became friends. Some time afterward they together turned out the words and music of the No Man's Land song.

Jones, wounded at Cambrai, was invalided back to Canada. After his discharge from the hospital he began a sightseeing tour of the states, depending upon his cooking ability for ready employment. He now has a song with a New York publisher which he hopes to put forth soon.

HEADS WAR DISABLED SCHOOL

Dr. Arthur Davis Dean, Veteran of the World War and Educator of Wide Experience.

Dr. Arthur Davis Dean, recently chosen by the government as school superintendent of all America's war disabled, is himself a veteran of the World War as well as an educator of wide experience and a specialist in vocational training.

During the war, Dr. Dean, a major in the sanitary corps, worked on the physical and mental rehabilitation of the sick and wounded as they were returned to the United States in almost all the large government hospitals of the country. With nine years' experience in vocational education work in New York state, he served as head of the division of vocational schools in the state department of education from 1908 to 1917, when he became professor of vocational education in Teachers' college, Columbia university. He directed the New York state prison survey in 1919 and investigated the possibilities of industrial and agricultural education in Porto Rico for the insular government.

Dr. Dean was born Sept. 15, 1872, at Cambridge, Mass., and was educated at the Massachusetts Institute of Technology. He is a member of Columbia university post of the American Legion.

ONE-ARMED VET ALMOST WON

Ernest Mastros, Second in Swimming Race; Wounded Buddies Winner and Third in Sprint.

The throng of spectators who watched the finish of an exciting sprint during a swimming meet in Madison Square Garden, New York, recently, vigorously applauded the efforts of Ernest Mastros, a little chap who brought up in second place. Their enthusiasm was heightened when the race had finished and they saw Mastros as he was climbing out of the big tank. He had lost his left arm, serving with the American forces in France, and he all but won the event by the sole power of his good right and his abundance of gameness.

However, the winner of the race, William McIntyre, also was wounded in France, the surprised crowd learned later, as was Harold E. Taylor, who finished a close third in the same match. The trio of wounded war veterans are members of the Metropolitan Life post of the American Legion, formed of men and women employees of the life insurance company who served during the World War.

LEGION MAN IS LAWMAKER

Sturgis, South Dakota Legislator, Is Author of Measures in the Interests of Americanism.

The first man on the job in the morning, he further surprised legislative circles by never missing a single roll call during the time the legislature was in session. He was a chaplain in the army, he explained, in which well-known organization a man was either on the dot or ahead of it—or he wasn't!

Carroll D. Erskine, preacher-legislator of Sturgis, S. D., has carried what he learned in his country's service with him, the electorate of his state say. He left after 15 years of Presbyterian ministry on leave of absence to serve as chaplain of the Eighteenth Battalion during the World War, seeing 14 months' service. After the armistice, while stationed at Camp Merritt, N. J., he met all transports at the docks and ministered to wounded men being returned to American hospitals. In appreciation of his work the men presented him a jeweled watch.

In the legislature, Mr. Erskine was author of a bill to insure proper observance of Armistice day, and of another requiring all school teachers to take an oath of loyalty to the Constitution. He is a member of the American Legion in Sturgis, and state chairman of the boy scouts. He was born in Binghamton, N. Y., and educated at Lake Forest college, Illinois.

TO OBTAIN DENTAL SERVICE

Veterans, to Receive Treatment, Must Comply With the Conditions Prescribed.

An outline of the procedure for ex-service men to obtain dental treatment has been prepared by the national service division of the American Legion.

Dental treatment will be furnished by the bureau of war risk insurance to veterans of the World War under the following conditions:

1. Where a person has been awarded compensation for dental disability.
 2. When such treatment is necessary for the cure of a condition which resulted from military service and is the reason for which compensation has been awarded.
 3. In emergency cases which are immediately necessary for the relief of conditions endangering the life of the patient or causing great pain.
- Claimants who have not been awarded dental disability, but feel they should have such due to military service, should immediately file claim in the regular manner; whereupon they will receive an order from the district medical supervisor to report to the nearest dental examiner for examination and such emergency treatment as may be required. Approval of the dental examiner's report must be made by the bureau of war risk insurance.

To receive the benefits of the dental laws, claimants must pursue their case through the regular channels, as bills contracted outside of the authority of the bureau of war risk insurance will not be paid, except where sufficient evidence is produced that the case was emergency or that the claimant was ignorant of his rights to dental treatment.

MOTHER SEEKS SOLDIER SON

American Legion Searching for James E. Adie, Shell-Schock Victim—Disappeared in February.

Refusing to believe that her son is dead, although she read recently a newspaper account of the burial in Minnesota of a soldier who bore marks of identification identical with those of her son, Mrs. Margaret Adie, Lowell, Mass., has appealed to the American Legion for help in her untiring search.

The boy sought is James E. Adie, a wounded service man of the World War who disappeared on February 27 last while on his way from Lowell to Boston, Mass., where he was to receive a government examination. The former soldier was suffering from a severe attack of shell shock at the time.

With her husband's death since the war, the mother is in straightened circumstances. Her son's government compensation checks have been arriving monthly during his absence, she declares, but they cannot be cashed without his signature.

To Roosevelt's Memory.

A bronze tablet dedicated to the memory of the late Col. Theodore Roosevelt recently was presented the American Legion of Kings County, New York, by the United Spanish War Veterans. The tablet was composed of metals taken from the ill-fated Maine, the Olympia, Dewey's flagship; the Oregon, which made the trip from San Francisco in time to aid in the destruction of Cervera's fleet at Santiago and the old battleships New York and Brooklyn.

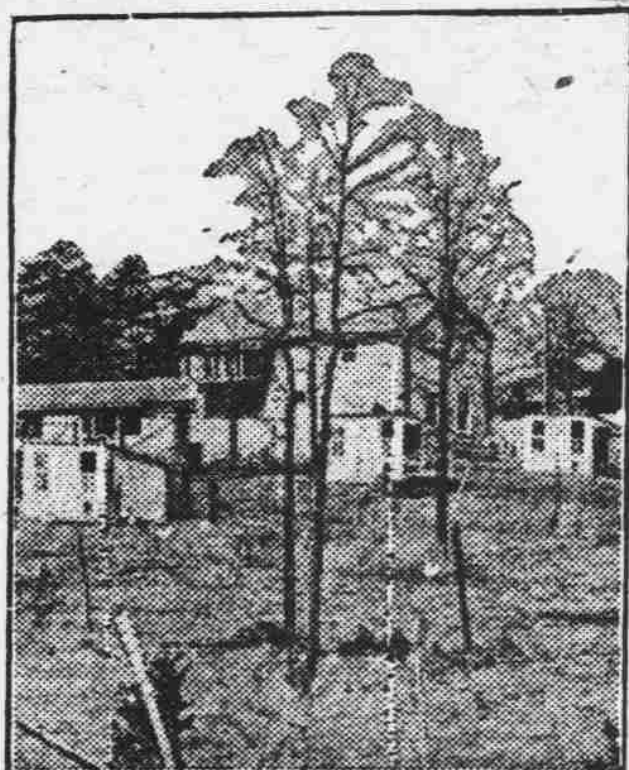
POULTRY**PHASES OF POULTRY RAISING**

Poultryman Can Save Himself Time and Money by Applying to Government for Information.

(Prepared by the United States Department of Agriculture.)

Poultry raisers, whether engaging in the business on a large scale or owning only a small flock, will find it to their interest to get in touch with the United States Department of Agriculture when in doubt about the best methods to follow.

Visitors in Washington wishing to consult the department's poultry specialists are invited to call at their office and also to visit their experimental farm. The work in poultry feeding and breeding is conducted by the animal husbandry division and



Experimental Farm Where Uncle Sam Works Out Problems for the Benefit of American Poultry Raisers.

that relating to diseases by the pathological division of the bureau of animal industry.

Many bulletins are available dealing with various phases of poultry raising, any of which may be had free upon application to the division of publications, United States Department of Agriculture. In addition to the regular bulletins there are a number prepared especially for boys' and girls' clubs and for persons beginning the poultry business without much knowledge of its requirements. A list of these may be had upon application to the same division.

At the department's experiment farm at Beltsville, Md., various rations are being fed to hens to study their effect. For example, in one experiment the hen balances her own ration; in another fish meal is included; in another no wheat or wheat products are used; while cotton-seed meal replaces a part of the beef scrap in another. Comparisons are also made of the effect of the same rations on hens of the egg breeds as compared with those of the general-purpose breeds. Only simple rations of widely available feeds are used.

Hens in considerable numbers are being trap-nested, and matings made to determine the possibilities of different methods of breeding in increasing or fixing egg production. Matings to fix certain types or characters desired in the flocks also are made. No birds are retained in the flock which have a disqualification that would bar them under the rules of the American Standard of Perfection. The results being obtained indicate that it is possible to combine utility and standard breeding to a practical degree. Any of this information is available for the persons requesting it, and the department is eager to have it used widely.

Boys' and girls' poultry clubs have a wide influence in interesting the children in raising chickens, and in teaching them and their parents the best methods of handling poultry for the production of eggs and meat.

The department is giving special attention to improving the quality of market eggs with a view to overcoming losses estimated at many millions of dollars annually. These studies cover the production of eggs on the farm, and their handling from the farm to the country store. The production of infertile eggs, which are far superior in keeping qualities to fertile eggs, is being advocated.

CURE COLD IN HEALTHY FOWL

Application of Three or Four Drops of Coal Oil in Nostrils of Bird Is Effective.

A cold can be cured in a healthy fowl by an application of three or four drops of kerosene in the fowl's nostrils. Never get it in the eyes. Put enough permanganate of potash in the drinking water to color a bright pink. This is good for throat infections of all kinds and will usually prevent the spread of the trouble.

GOOD ROOSTS FOR CHICKENS

Points to Be Considered Are Ease of Cleaning and to Prevent Lurking Places for Mites.

Good roosts are to the chickens what a good bed is to humans. About half the fowl's time is spent on the roosts. The points to be considered in putting in the roosts are ease of cleaning, spacing from the back wall and from the floor and smoothness of lumber to prevent lurking places for mites.

DARLING BABY BRIGHTENS HOME**Children's Laughter a Pleasing Sound**

Altoona, Pa.—"I am writing to tell you what Lydia E. Pinkham's Vegetable Compound has done for me. We had six children die almost at birth. From one hour to nineteen days is all they have lived. Before my next one was born I took a dozen bottles of your Vegetable Compound, and I can say that it is the greatest medicine on earth, for this baby is now four months old, and a healthier baby you would not want. I am sending you a picture of her. Everybody says 'That is a very healthy looking baby.' You have my consent to show these few lines to anybody."—Mrs. C. W. BENZ, 131 3rd Avenue, Altoona, Pa.

Mrs. Janssen's experience of interest to childless wives.

Millston, Wis.—"I want to give you a word of praise for your wonderful medicine. We are fond of children, and for a considerable time after we were married I feared I would not have any. I began taking Lydia E. Pinkham's Vegetable Compound, and it strengthened me so I now have a nice, strong, healthy baby girl. I suffered very little at childbirth, and I give all the credit to your medicine, and shall always recommend it highly."—Mrs. H. H. JANSSEN, Millston, Wis.

Mrs. Held of Marinette, Wis., adds her testimonial for Lydia E. Pinkham's Vegetable Compound. She says:

Marinette, Wis.—"I was in a nervous condition and very irregular. My doctor advised an operation. My husband brought me one of your booklets and asked me to try Lydia E. Pinkham's Vegetable Compound. It overcame my weakness so that I now have a healthy baby girl after having been married nine years. I am glad to recommend your medicine, and you may use my letter as a testimonial."—Mrs. H. B. HELD, 830 Jefferson St., Marinette, Wis.

There are many, many such homes that were once childless, and are now blessed with healthy, happy children because Lydia E. Pinkham's Vegetable Compound has restored the mother to a strong and healthy condition, as it acts as a natural restorative for ailments as indicated by backache, irregularities, displacements, weakness and nervousness.

Women everywhere should remember that most of the commoner ailments of women are not the surgical ones—they are not caused by serious displacements or growths, although the symptoms may be the same, and that is why so many apparently serious ailments readily yield to Lydia E. Pinkham's Vegetable Compound, as it acts as a natural restorative. It can be taken with perfect safety and often prevents serious troubles.

Therefore if you know of any woman who is suffering and has been unable to secure relief and is regretfully looking forward to a childless old age, ask her to try Lydia E. Pinkham's Vegetable Compound, as it has brought health and happiness into so many homes once darkened by illness and despair.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

WINTERSMITH'S CHILL TONIC

Not Only For Chills, Fever and Malaria BUT A FINE GENERAL TONIC

Golf is an ideal diversion, but a ruinous disease. Is, at last, the fire to be taken out of Ireland?

MOTHER, QUICK! GIVE CALIFORNIA FIG SYRUP FOR CHILD'S BOWELS

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, a teaspoonful will never fail to open the bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste from the tender, little bowels and gives you a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.—Advertisement.

Gratitude has good eyes.

DYED HER SKIRT, DRESS, SWEATER AND DRAPERIES

Each package of "Diamond Dyes" contains directions so simple any woman can dye or tint her worn, shabby dresses, skirts, waists, coats, stockings, sweaters, coverings, draperies, hangings, everything, even if she has never dyed before. Buy "Diamond Dyes"—no other kind—then perfect home dyeing is sure because Diamond Dyes are guaranteed not to spot, fade, streak, or run. Tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton or mixed goods.—advertisement.

A safe combination is an open secret.

A Lady of Distinction

Is recognized by the delicate fascinating influence of the perfume she uses. A bath with Cuticura Soap and hot water to thoroughly cleanse the pores, followed by a dusting with Cuticura Talcum powder usually means a clear, sweet, healthy skin.—Advertisement.

Successful dentists live from hand to mouth.

Genuine

**ASPIRIN**

Never say "Aspirin" without saying "Bayer."

WARNING! Unless you see name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 21 years and proved safe by millions for

Colds Headache Rheumatism
Toothache Neuralgia Neuritis
Earache Lumbago Pain, Pain

Accept only "Bayer" package which contains proper directions.

Handy tin boxes of 12 tablets—Bottles of 24 and 100—All druggists. Aspirin is the trade mark of Bayer Manufacture of Monocarbonylchloride of Salicylic Acid